WHAT IS CLAIMED IS:

- A push block device for displacing a workpiece relative to woodworking equipment, comprising: body having a proximal end, a distal end, a longitudinal axis, and a first, generally flat working surface; handle component extending from said main body whereby when said first working surface is disposed in parallel facing relation to a top surface of a workpiece, said handle component is disposed predominantly vertically above said main body; and a heel component extending from said main body so as to have a first, operative position, wherein said heel projects vertically below a first plane of said first working surface, and a second, position wherein said heel is disposed in or vertically above said first plane, said heel defining a second working surface disposed in a second plane defined at an angle with respect to said first working surface.
- 2. A push block device according to claim 1, wherein the heel projects resiliently downwardly from said first plane so that when upward pressure is applied to said heel in a direction generally perpendicular to said first plane, said heel is displaced vertically with respect to said first plane.
- 3. A push block device according to claim 1, wherein the heel is separately formed and secured to the main body.
- 4. A push block device according to claim 1, wherein a heel receiving compartment is defined in said main body so that when said heel is deflected vertically

with respect to said first working surface, said heel is received substantially entirely within said main body.

- 5. A push block device according to claim 1, further comprising at least one slip resistant pad secured to at least one of said first and second working surfaces.
- 6. A push block device according to claim 5, wherein said at least one pad is over molded to said at least one working surface.
- 7. A push block device according to claim 1, wherein said heel includes a head portion defining said second working surface, and first and second legs.
- 8. A push block device according to claim 7, wherein said first and second legs are secured to said main body.
- 9. A push block device according to claim 8, wherein said first and second legs include pins for being disposed in correspondingly sized and shaped receptacles in said main body.
- 10. A push block device according to claim 9, wherein said pins are glued to said receptacles.
- 11. A push block device according to claim 1, further comprising a retention plate for securing said retractable heel to said main body.

- 12. A push block device according to claim 11, further comprising at least one slip resistant pad over molded to said plate.
- 13. A method for advancing a workpiece with a push block comprising:

providing a push block including a main body having a proximal end, a distal end, a longitudinal axis, and a generally flat working surface; а component extending from said main body whereby when said first working surface is disposed in parallel facing relation to a top surface of a workpiece, said handle component is disposed predominantly vertically above said main body; and a heel component extending from said main body so as to have a first, operative position, wherein said heel projects vertically below a first plane of said first working surface, and a second, stored position wherein said heel is disposed in or vertically above said first plane, said heel defining a second working surface disposed in a second plane defined at an angle with respect to said first working surface;

engaging a top surface of the workpiece with said first working surface; and

advancing said workpiece.

14. A method as in claim 13, further comprising displacing said push block relative to said workpiece so that the pushblock overhangs a trailing end of the workpiece, and engaging said trailing end with said second working surface.